

The Great American Smokeout

www.cancer.org

You don't have to stop smoking in one day.

Start with day one.

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one

Thursday, November 18, 2021, is the Great American Smokeout sponsored by the American Cancer Society. The American Cancer Society challenges smokers to give up cigarettes for 24 hours. If you or a loved one smokes cigarettes, consider joining the movement, and take the first step toward quitting cigarettes forever.

Every year the Great American Smokeout draws attention to preventing deaths and chronic illnesses caused by smoking. Though smoking rates have dropped, almost 38 million American still smoke tobacco, and about half of all smokers will encounter smoking related deaths. Each year, more than 480,000 people in the United States die from a smoking related illness, meaning smoking causes 1 out of 5 deaths in the US alone.

If you or a loved one would like FREE help to quit smoking, please visit Mypathidaho.org for additional information.

